

Darby, PA — Congressman Joe Sestak (PA-07), a Veteran of 31 years in the Navy, honored Veterans at a number of events during Memorial Day.

On Monday afternoon, the Congressman visited Corporal William Casper Greifzu Post 598 and offered his appreciation for the members' project that has resulted in a wall full of pictures of fallen soldiers from Delaware County who have died in Iraq, Afghanistan, Somalia and other recent conflicts. Last year, the Congressman recognized the Post's dedication of a Veterans museum within its walls.

Earlier in the day, Congressman Sestak kicked off the Lansdowne Memorial 5K Run, hosted by the Lansdowne Economic Development Group. He continued to celebrate the holiday at the Springfield Parade, joined by wife Susan and daughter Alex. Following the parade, he travelled to Ridley Park to participate in the township's Memorial Day Ceremony. Later, he took part in Havertown American Legion Post 338's remembrance event.

"A Memorial Day weekend of somber reflection and celebration of our nation's heroes is an important part of recognizing the men and women in uniform who have defended our country courageously," said Congressman Sestak. "But these festivities only come around once a year. We must, every day, remember those who have fallen, care for those who are injured in our conflicts, and honor those who have served."

*Former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, and was Commander of an aircraft carrier battle group of 30 U.S. and allied ships, with more than 15,000 sailors and 100 aircraft, that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He previously served in the White House as President Clinton's Director for Defense Policy. According to the office of the House Historian, he is the highest-ranking former military officer ever elected to the U.S. Congress.*

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